

COMPONENTS OF A PERSONAL FALL ARREST SYSTEM

There are three vital components that make up a complete fall protection system. These are the ABC's of fall protection:

This is a secure point of attachment for lifelines, lanyards or deceleration devices.

Anchorage **Body Wear** Connection Device

A Anchorage/Anchorage Connector
Anchorage: Commonly referred to as a tie-off point
(Example: I-beam)

Anchorage Connector: Used to join the connecting device to the anchorage.
(Example: cross-arm strap)

B Body Wear
Body Wear: The personal protection equipment worn by the worker.
(Example: full-body harness)

C Connecting Device
Connecting Device: The critical link which joins the body wear to the anchorage/ anchorage connector.
(Example: shock-absorbing lanyard or retractable lifeline)

Be sure to calculate potential fall distance when selecting connecting components.

The only form of body wear acceptable for fall arrest is the full-body harness.

Each one must be in place and properly used to provide maximum worker protection.

